**Galas**

Throughout the year the club enters teams in galas and leagues at different standards of competition. Swimmers will be selected by the club to swim in these.

***How are ages calculated?***

The age groups are (usually but not always) determined as age on the date of the gala, or, if in a series of galas, the date of the last gala, so your swimmer will be swimming against other swimmers of a similar age who may be faster or slower.

***What events will my swimmer be swimming?***

Swimmers will generally be told which event they will be swimming once they have arrived at poolside.

Depending on numbers, we may have an A team for each age group which will generally swim in the higher division of the league and then a B and sometimes a C team will swim in lower divisions at different locations.

Galas and League events take place in a single evening. The races are within age groups against other (usually local) clubs. The exact number of teams competing depends on the league and the number of lanes at the host pool.

For younger swimmers the races are generally 50m individual races for each stroke, a Medley relay, a Freestyle relay and a Squadron relay. Swimmers may swim up an age group but may not swim down.

You must read all emails relating to galas and regularly check the Events page of the website for final details.

***On the night***

Club transport is normally not provided so you may want to share lifts or ask someone else to transport your swimmer if you cannot take them.

Arrive at the host pool at the time requested. The requested arrival time allows for confirmation of arrival to the Coach, changing and warm up. If you get there late, your Coach may have reallocated your swimmer’s races.

Once on poolside (although sometimes not until after warm up) a team sheet will be available and your swimmer will be able to read this to see which events they are swimming. Swimmers swim the stroke and distance allocated to them. There should be no discussion with the Coach about this on the night, as, in the weeks prior to the competition, a great deal of thought has gone into what stroke each swimmer should do.

Relays are always swum in the order stated. The club will usually put a swimmer in just a relay race for their first experience of competition as this helps to control the inevitable 'first race nerves'. So do not be disappointed if your swimmer only does one length in the evening - it is an honour to be chosen to swim for their club.

All swimmers are expected to stay until the end of the event - to support their team mates and to congratulate the winning club and the other participating clubs. Also, your swimmer may be needed to stand in for another swimmer should s/he become unable to swim for any reason.